

the vermilion sportsman



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1800 MEMBERS

COOK & TOWER, MN

MARCH 2007

President's Message

I hope everyone had a nice Holiday season and all are enjoying fishing, snowmobiling or whatever winter-time activity you indulge in such as traveling (i.e. being Snowbirds). Of course the topsy-turvy weather patterns have been dumping snow far south of us! Blame it on "El Nino" I guess! There has been very little activity on our bay thus far this winter due to the late freeze and lack of snow. We're still hoping for more snow because we all want our docks to reach out far enough to tie our boats to. There are many "wet boathouses" that may be unusable next year if the lake level doesn't rise about at least a foot or so. We are within a few inches of tying the all-time low level ever recorded!

A year ago, I wrote in my President's Message that "we are attempting to educate" our membership about the various threats to the health of our precious resource Lake Vermilion. In that light we printed an article in our last newsletter from the "Cousteau Dispatch" about global warming. A member called to give me some "tongue-in-cheek" (I think) suggestions about additional ways to reduce the pace of global warming. He advocated going "up North" once instead of twice a month; downsizing your boats; using your boat half as much; fishing off your dock; rowing instead of trolling; plus many, many more! I agreed with him that those were all valid points. What we're try to do is present articles that represent various viewpoints to allow you to draw your own conclusions. I truly believe that we must educate ourselves with the latest facts and data and then make our decisions and interpretations based on those facts. In other words, we (the Board) are not advocating a particular point of view, only presenting the data.

In line with this we are including with this newsletter a DVD produced by the "Minnesota Waters Association" entitled "Minnesota's Lakes at Risk." The DVD points out causes of much of the decline of water quality in the past and what should be done to heal the wounds and prevent the harm from recurring. It describes what can

be accomplished by private citizens working together to reverse the damage. It is our hope that if you agree with its message, you will show this to friends, relatives, neighbors, groups, associations, government and whomever else you can think of. Lakes and rivers are our most precious resource and deserve to be treated with the greatest respect.

The Minntac discharge permit is in its final review stage with the MPCA.

The County Commissioners accepted the 3 Bays on Vermilion Final Environmental Impact Statement (FEIS) by a unanimous vote. I attended the meeting, hoping the FEIS would not be accepted until further studies on the lake bottom and water quality could be conducted, but no such luck.

The Vermilion Management Plan is still being considered by the County Planning Commission.

It has been a relatively quiet year for the club board, but we're continuing our projects on boat inspections, invasive species, water quality monitoring — so we are keeping busy. I'm sure that other projects will be suggested that will raise our activity level again! We will report anything new in the next newsletter. If any member sees a project that needs doing, please contact one of the board members and if it's within our charter we'll try to respond.

A big welcome to Frank Siskar who accepted the nomination to replace Miller Friesen on the board.

We've kind of given up on having a normal winter and are now waiting for spring and fishing opener! Hope you can all make it "up North" in spite of "global warming."

Walt Moe, President

Polar explorer John Stetson will be featured at this year's annual meeting, August 10

John Stetson, professional dog sled racer and wilderness guide from Duluth, will be the featured speaker at the club's 39th annual dinner meeting August 10 at Fortune Bay Resort.

Stetson is the expedition manager for this winter's Global Warming 101 Expedition, headed by Will Steger. The expedition's 1,200 mile route across Baffin Island in the Canadian Arctic will be traveled by a team of explorers and educators whose goal is to learn firsthand about climate change. The four-month dog sled expedition will wind through Inuit villages where the team plans to meet with villagers and report back their cultural observations of climate change. The progress of

the expedition can be followed on line at www.globalwarming101.com.

John Stetson has traveled over 100,000 miles worldwide by dog sled. He and his Alaskan huskies have won numerous dog sled races, including the 2005 and 2006 John Beargrease Mid-Distance Marathon and the 2005 Hudson Bay Quest.

(It's not too early for club members to mark their calendars for this year's annual meeting, planned for Friday evening, August 10 at Fortune Bay Resort. Watch the May and July issues of the newsletter for details.)

— Paula Bloczynski

Guess Who's Coming for Dinner!

Because there's been mounting evidence in the scientific community over the last several years concerning global warming's effects and its acceleration, the unsuspecting general public is beginning to sit up and take notice. Throughout the media, more and more is being heard and written, thus our education and acceptance on this issue is slowly seeping in.

There are still many who hold to the theory, "It's just the normal cyclic change." Maybe we are going through a cycle, but the difference is in the extent or depth of that change, and the shrinking of the ozone layer which is caused from the greenhouse gases emitting from earth by us. Many are hungry for more information on the future effects of global warming on us and the world. We have just the man for you and he will be our guest speaker at our annual dinner in August.

His name is John Stetson. He's an explorer from Ely who has known Will Steger for 20 years and will accompany Steger on his 1,200-mile dog sled expedition, "Global Warming 101 Initiative," across Baffin Island. They will travel with two Outward Bound instructors, Elizabeth Andre and

Abbey Fenton, and four Inuit hunters. They'll travel by dog team over hunting paths and up frozen rivers, over glaciers and ice caps to remote Inuit villages. During weeklong stops at each village, they will document the Inuits' experience with climate change and how it has affected their survival.

The expedition is expected to leave Ely for the Canadian north on February 5 or 6. Their projected return will be the first week in May if all goes according to plan. We feel privileged to have John Stetson take time out of his busy and exciting life to come speak with us.

Shall we see you at our annual dinner meeting?

— Mardy Jackson

SPORTSMEN'S CLUB WEB SITE

<http://www.LakeVermilion.com/SCLV>

County approves Three Bays EIS

USS can now apply for permits to develop lots on 1,400 acres on Vermilion's shore

(Reprinted from the Timber Jay, January 27, 2007)

by MARSHALL HELMBERGER

Managing Editor

US Steel's plans to develop as much as five miles of Lake Vermilion shoreline took a step forward on Tuesday with the St. Louis County Board's approval of a final environmental impact statement for the project. The board's unanimous vote on the Three Bays on Lake Vermilion study came following a lightly-attended public hearing on the project.

The county's planning commission gave its own approval to the final EIS back in November, and county planning staff recommended its passage prior to the board vote on Tuesday.

The board's approval clears the way for US Steel and the county to proceed with permitting. County Physical Planning Director Scott Smith said US Steel needs to submit a redesigned plan to take into account information contained in the EIS. "They'll also need site specific septic information," said Smith. In addition, US Steel has yet to provide the results of its cultural resources study to the county, according to Smith, and will need to do so prior to permitting.

Still, Smith said some work done for the EIS, such as a wetland delineation, is now sufficient to allow permitting.

Legal challenge?

But the county could yet face a legal challenge on its EIS decision. Attorney John Ostergren, who represents Sensible Advocates for Vermilion's Environment, or SAVE, said he'll be reviewing options with his clients over the next few weeks to decide

whether to appeal the board's decision. Ostergren said the county did a reasonably good job of laying out the issues that needed to be addressed in the EIS's scoping document, but said, "the final EIS that they ruled on, simply doesn't live up to the scoping document they adopted."

Ostergren, said it appears county officials believe they can address the unanswered questions during the permitting process, but he said that's not the way the process is supposed to work. "I think that's an inappropriate approach under state law," he said. "A big concern is that the county, in spite of best intentions, may simply not have the time or capability to achieve all the review that they have deferred. It's a big project, that's why the EIS was mandatory."

Walt Moe, a Lake Vermilion resident who spoke against approval of the EIS, said it didn't answer the concerns of local residents about the project's effects on the lake's fishery, and he was skeptical those issues would be addressed in the permitting process.

Moe noted that the bulk of the EIS work addressed US Steel's proposed planned unit development option, which the company has said it no longer intends to pursue.

Ostergren agreed that the impact on fish habitat was not addressed sufficiently in the EIS, nor were issues like dockage or the suitability of the area for wastewater treatment. He said the county missed its best opportunity to better understand those issues. "They should have taken the time they had in the EIS process to collect that information."

“Invasive Species”

by Bob Wilson

FIRST AND ONLY — A NEWS TRIBUNE EXCLUSIVE

New species invades Duluth harbor

(Reprinted from the Duluth News Tribune — Wednesday, January 10, 2007)

ENVIRONMENT: Experts expect quagga mussels to overwhelm zebra mussels in the harbor, but low calcium levels may protect Lake Superior.

BY JOHN MYERS
NEWS TRIBUNE STAFF WRITER

The good news is that the Twin Ports' population of invasive zebra mussels could be wiped out of the harbor and lower St. Louis River in a matter of years.

The bad news is that the thumbnail-sized invaders from northern Europe will be eradicated and replaced by another invading mussel that could prove even worse for underwater ecosystems.

The U.S. Environmental Protection Agency is expected to announce next week that quagga mussels have been found in the Twin Ports, exotic species experts confirmed. It is the first such finding on Lake Superior.

Quaggas are a slightly larger cousin of zebra mussels. Quaggas originated in coastal areas of Ukraine but now have spread across much of Europe. They have been in the Great Lakes since 1989 but have exploded in numbers over the past six years.

As with many new invaders, it's not clear what effect quaggas will have when they take hold here. But they already are proving a big problem in the lower Great Lakes.

While zebra mussels inhabit shallow waters of less than 150 feet, quaggas have been found thriving 500 feet deep. Quaggas also can withstand colder water and can thrive with less food, said Tom Nalepa, a biologist for the

National Oceanic and Atmospheric Administration's Great Lakes Environmental Research Laboratory in Ann Arbor, Mich.

That might seem to make Lake Superior a prime spot for quaggas. But outside harbors, the big lake's extremely low calcium levels probably will prevent a quagga invasion in the main lake. That's good news for lake trout and other open-water species. Calcium is critical for shell development.

EPA officials didn't return calls on the Twin Ports quagga finding. Other experts warned of what quaggas have done in other Great Lakes with higher calcium levels.

"We know they [quagga mussels] can thrive in much deeper, colder water and that they need less food to be successful. But I don't think they will expand in open water of Lake Superior because of the low calcium levels there," Nalepa said. "They require less calcium than zebra mussels, they have softer shells, but they still need more than Lake Superior has to offer."

Mary Balcer, an exotic species expert at the University of Wisconsin-Superior, agreed. She said harbor and river calcium levels are just enough to sustain the exotic mussels, while Lake Superior calcium levels are too low.

"I don't expect to see a major impact in [deep-water] areas of Lake Superior because of the calcium," Balcer said. "I don't think we'll see as much ecological impact as other areas have seen" when quaggas replace zebra mussels in the Twin Ports.

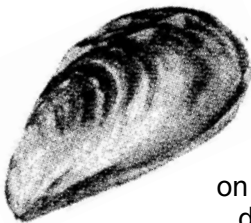
PROBLEMS ELSEWHERE

Quaggas already have replaced zebra mussels in lakes Erie, Michigan and Huron and are causing more problems than zebras in those lakes.

In Lake Michigan, quaggas comprised only 2 percent of the exotic mussels in 2000. By 2005, they hit 98 percent, virtually eliminating zebra mussels. Because they can thrive on deeper, soft-bottom areas of the lakes, not just rocks and hard surfaces, there are more quaggas in more places than zebra mussels ever colonized.

Experts say quaggas may end up being a much bigger problem. They already have caused lakes Michigan and Huron to be much clearer than any time in recent history

QUAGGA MUSSEL

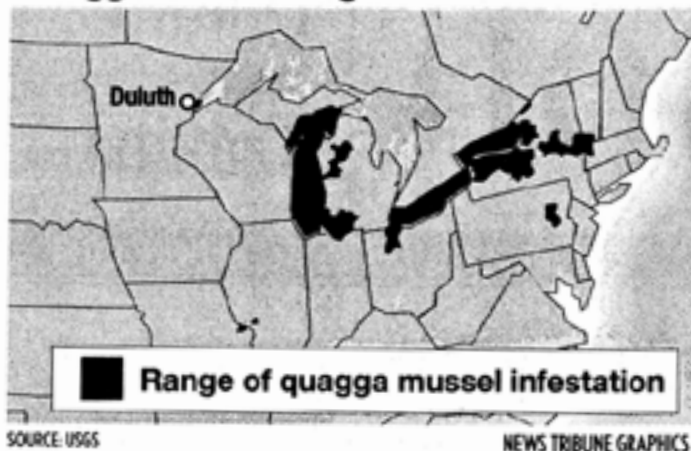


On the Web

To post a comment
on this story, go to www.duluthnewstribune.com.

SEA GRANT PHOTO

Quagga mussel range



— because the mussels filter tiny organisms out of the water for their food.

“There is just so much more biomass out there now with quaggas than we had with zebra mussels. It’s a big difference,” Nalepa said, noting that Lake Huron has seen drastic changes since quaggas replaced zebras. That includes a huge reduction in the amount of tiny plankton available for native fish, a reduction in baitfish and even a collapse of alewife populations. That has caused trout and salmon to become skinnier.

Because of the decline in baitfish, Michigan officials have cut their salmon stocking efforts in half on Lake Huron. Officials fear Lake Michigan fish may crash as well.

In Lake Michigan, numbers of tiny, native shrimp called diporeia, a critical food species for fish, have declined dramatically from 5,200 per square meter in 1995 to 1,800 in 2000. The decline came even faster with quaggas, with only 300 diporeia per square meter by 2005.

That may be why the average size of a 7-year-old native whitefish has declined from 5 pounds to about 1.5 pounds in Lake Michigan. Fish try to eat quaggas, but spend more energy to digest them and don’t gain weight.

FOUL WASTE

It’s not just what they eat and how much energy quagga take out of the food chain, but the quagga’s feces also build up and foul the environment. As that waste decomposes, it uses oxygen and the water becomes acidic. Moreover, quaggas will continue to kill off native mussels. Quaggas accumulate organic pollutants, such as mercury, in their tissue to levels 300,000 times greater than the water around them, according to the U.S. Geological Service. They then pass those contaminants on to whatever eats them.

Zebra mussels first were found in the Twin Ports in 1989 but didn’t expand here until 1998. Scientists aren’t sure why it took a decade for them to begin to survive winters and reproduce here, but their ultimate success may

Quagga and zebra mussels

In just a few years, quagga mussels have gone from a relatively rare find to the dominant invasive mussel in Lake Michigan. Biologists worry quaggas could prove much more disruptive than their closely related cousin, the zebra mussel, because they are more effective filter feeders, and they can live and breed in colder, deeper water.

	Quagga mussel (<i>Dreissena bugensis</i>)	Zebra mussel (<i>Dreissena polymorpha</i>)
		
Shell	Rounded sides, convex underside. No ridge. When placed on its underside, the quagga will topple.	Triangular shape, underside flat. Obvious ridge between side and bottom. When placed on its ventral side, it will remain upright.
Color	Pale near hinge, dark concentric rings on the shell	Variable colors and patterns, usually dark.
Underside	Small ventral groove near the hinge	Large groove in middle of flat side; allows tight hold on rocks.
Depth in lake	3 to 541 feet; expected to go deeper over time.	3 to 96 feet; rarely found below 50 feet.
Temperature tolerance	39 to 68 degrees.	54 to 68 degrees
Spawning temperature	Minimum 50 degrees; a female quagga mussel with mature reproductive organs was found in Lake Erie at a temperature of 42 degrees.	Minimum 56 degrees; can survive in stagnant water with uniform temperature but cannot reproduce there.

SOURCE: Philadelphia Inquirer, USGS, Sea Grant Pennsylvania

NEWS TRIBUNE GRAPHICS

be linked to higher temperatures in the past decade. Zebra mussels now cover most of the hard surfaces in the harbor and lower St. Louis River.

Efforts are under way to educate boaters so the mussels aren’t accidentally spread to inland lakes in bait buckets and boat bilges or live wells. In all areas where the mussels have colonized, they have fouled water intake systems and covered underwater pilings and mechanisms, requiring constant removal.

It’s believed zebra and quagga mussels traveled to the Great Lakes in the ballast water of oceangoing ships. Efforts are under way to develop technology to treat ballast water to kill invasive species. It’s expected Congress will move soon to further curtail invasive species. A federal judge has ordered the EPA to regulate ballast water starting in 2008.

What's in Your Septic Tank?

Have you ever thought about what goes on in your septic tank? Do you flush the toilet and ever wonder what happens when the waste material arrives in the septic tank?

Your septic tank is a thriving metropolis of billions of microorganisms! This microenvironment could contain germs or bacteria, yeasts, fungi such as molds and parasites. They attack the waste in a feeding frenzy, converting it to more microorganisms, sludge and effluent. The sludge settles to the bottom and eventually is pumped out at various times.

The sludge looks like mud and most of the time has offensive odors and other materials that might not be pleasant. It is a matrix composed of billions of microorganisms intertwined between chunks of solids that give the sludge structure. This mixture would make a good fertilizer for gardens, lawns or whatever. In fact, it is used as fertilizer in some countries but not in the U.S.A. At one time the city of Milwaukee processed and dried the sludge from their sewage treatment plant. It was sold as fertilizer. This is no longer allowed.

If the sludge material that went into the septic tank was contaminated with germs such as *Salmonellae*, *Escherchia coli* or other disease causing germs, it could become a problem. These germs would survive in the sludge even after it is dried. Thus, using sludge as fertilizer for human food in gardens or on lawns on the lakeshore is not an option for disposing of sludge. It has to be disposed in a way that pollution from the sludge does not affect our lakes or food. Eventually, the sludge will dry and some of the problems associated with the germs in it will go away.

The liquid or effluent from the septic tank will also contain these potentially dangerous germs. The effluent flows through the drain field and finally into the soil located around the tank. The sand and soil will filter out many of the undesirable chemicals in the liquid. For example, some of the excess phosphate in the effluent will be adsorbed by the sand and eventually utilized by the microflora in the sand and soil around the mound. If the effluent is overloaded with these liquid materials, this may not occur and the effluent that flows into the environment will be contaminated. These contaminants will end up in the soil and in the lake, creating an undesirable environment for the inhabitants of the water and along the shore.

Old septic tanks, outhouses and other methods used to get rid of human waste do not process this waste and this could result in significant contamination of the lake. We have to be concerned about what happens in our septic tank and make sure that our effluent or sludge is not contaminating our environment and subsequently the LAKE.

Next time you flush your toilet, think about what's in your septic tank!

— Ed Zottola

HERE'S YOUR FREE DVD!

"Minnesota's Lakes at Risk"

produced by the Minnesota Waters Association

We hope you enjoy this informative video outlining the causes of the decline in water quality in Minnesota's lakes over the past years and the ways to reverse the damage and prevent any future harm to our most precious resource.

Please share this video with your family and friends, and also encourage others to support this message by becoming a member of the Sportsmen's Club of Lake Vermilion!

THANK YOU!

Shoreline Alterations: Beach Sand Blanket

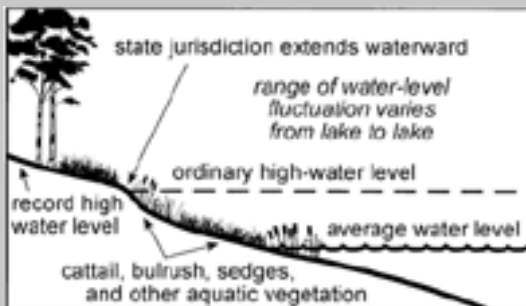


IS AN INDIVIDUAL PERMIT REQUIRED?

For most projects constructed *below* the ordinary high-water level* (OHWL) of public waters as determined by the Minnesota Department of Natural Resources (DNR), an individual permit is required from the DNR.

Beach sand blanket exception: An individual permit from the DNR is not required for beach sand placement if the conditions outlined in this information sheet are followed.

If you have questions concerning the contents of this information sheet, contact your local DNR Area Hydrologist. See contact information on page 9.



Shoreline cross section.

ARE OTHER PERMITS REQUIRED?

Other governmental units (federal, state, city, county, township, and watershed authority) may require a permit for that portion of the project within their jurisdiction, which usually involves work above the OHWL. It is advisable to contact them.

*For lakes and wetlands, the OHWL is the highest elevation that has been maintained as to leave evidence on the landscape. It is commonly that point where the natural vegetation changes from predominantly aquatic to predominantly terrestrial. For watercourses, the OHWL is the top of the bank of the channel. For reservoirs and flowages, the OHWL is the operating elevation of the normal summer pool.

Will a sand beach work on my shoreline?

One goal of DNR Waters is to limit unnecessary and potentially damaging alterations to shorelines. Specifically, use of beach sand and other types of fill is limited in order to prevent damage to fish spawning areas, aquatic habitat, and water quality of Minnesota's lakes.

Although natural sand beaches can be found on many Minnesota lakeshores, landowners often attempt to create them on shores where they do not naturally occur (i.e., a muddy-bottom lake). If you are considering adding beach sand, you should know a few important things before investing your money.

- Wave action, no matter how minimal, will erode your beach and the sand will migrate downshore.
- You are only allowed to install sand or gravel twice in the same location; after that, an individual permit is needed.
- The beach sand that erodes into the lake may coat aquatic plant beds and fish spawning grounds, degrading fish and wildlife habitat and damaging the water quality of your lake.
- Vegetation will constantly emerge through the sand, and additional plant control will be needed on the beach. If you plan to weed by hand or apply herbicide, an aquatic plant management permit may be required from the DNR Division of Fisheries.
- Sand blankets may not be placed over emergent vegetation such as bulrush or cattails unless you obtain a permit from the Division of Fisheries.
- If the lake bottom is soft, the sand will only sink into the muck and disappear.

Keep in mind that you are *not* allowed to install any plant barrier or liner (e.g., filter fabric or plastic) underneath your beach sand. If owning lakeshore property with a sandy beach is a high priority for you, look for lakeshore property where sandy beaches occur naturally before you make that important purchase.

If you have considered all of the conditions above and you think adding beach sand will work for your shoreline, you may install a beach sand blanket without an individual permit if the installation meets all of the following conditions:

- The sand or gravel layer may be up to 6 inches thick, up to 50 feet wide along the shoreline or one-half the width of the lot, whichever is less; and up to 10 feet waterward of the ordinary high-water level (OHWL; see sidebar).
- The beach sand blanket does not cover emergent aquatic vegetation, unless authorized by an aquatic plant management permit (contact your local DNR Fisheries office).
- Local watershed district and local zoning officials are given at least 7 days' notice by the landowner.
- No plant barrier or liner (i.e., filter fabric or plastic) is installed underneath your beach sand.

Installation of sand and gravel may be repeated *once* at the same location but may not exceed the amount of sand and dimensions of the original sand blanket.

Shoreline Alterations: Riprap

What should I do to keep my shoreline from washing away?

If your shoreline is eroding, any of the following events may be destabilizing your soil, resulting in erosion: fluctuating water levels, increased wave or wake action, ice pushes, loss of natural vegetation, and human activity. Protecting your shoreline from erosion may not require you to replace natural shoreline with a high-cost, highly engineered retaining wall or riprap. There are affordable, low-impact methods to stabilize your shoreline and still protect property values, water quality, and habitat. The Minnesota Department of Natural Resources (DNR) encourages you to consider planting native vegetation to control shoreline erosion, enhance aesthetic values, and contribute to better water quality in your lake (see Lakescaping information sheet).

Both riprap and retaining walls can reduce erosion, but they can be expensive and can negatively affect lakes by creating a barrier between upland areas and the shoreline environment. Riprap should only be used where necessary and never to replace a stable, naturally vegetated shoreline. Additionally, installing riprap on a stream or river bank is a special condition that may require professional advice to ensure that the structure will stand up to the fluctuations in water levels and flowing conditions.

Natural rock riprap consists of coarse stones randomly and loosely placed along the shoreline. You should consult your DNR Area Hydrologist to determine whether your shoreline needs riprap to stop erosion. If there is a demonstrated need, such as on steep slopes, you may want to consider placing riprap or a combination of riprap and vegetation. In most cases, vegetation planted in the rocks will stabilize the riprap and improve the appearance of your shoreline. Naturalizing your shoreline is the most important con-

tribution you can make to enhance water quality, maintain fishery resources, and provide wildlife habitat.

Installation of riprap is allowed only where there is a demonstrated need to stop existing erosion or to restore an eroded shoreline. An individual DNR Public Waters Work Permit is *not* required if the installation meets all of the following conditions:

- The riprap must not cover emergent aquatic vegetation, unless authorized by an aquatic plant management permit from the DNR's Division of Fisheries.
- Only natural rock (cannot average less than 6 inches or more than 30 inches in diameter) may be used that is free of debris that may cause pollution or siltation. Concrete is not allowed.
- A filter of crushed rock, gravel, or filter fabric material must be placed underneath the rock.
- The riprap must be no more than 6 feet waterward of the ordinary high-water level (OHWL; see sidebar on page 8).
- The riprap must conform to the natural alignment of shore and must not obstruct navigation or the flow of water.
- The minimum finished slope waterward of the OHWL must be no steeper than 3 to 1 (horizontal to vertical).
- The riprapped area must be no more than 200 linear feet of shoreline along lakes and wetlands or, along shorelines of streams, must be less than five times the average width of the affected watercourse.
- The site must not be a posted fish spawning area, designated trout stream, or along the shore of Lake Superior.

What are some other issues to consider?

A row of boulders at the water's edge is not considered natural rock riprap. Rows of stacked boulders function as a retaining wall, and installation would *require* an individual permit from the DNR. Retaining walls are very damaging to the near-shore environment. Retaining walls cause wave action that scours the lakebed, displacing bottom sediment and creating an extremely sterile environment. The cumulative effect of numerous wall structures on a lake reduces critical habitat for fish and wildlife resources and much of the food chain they depend on. Retaining walls require structural maintenance and are frequently damaged by ice action and undermined by wave action.

Riprap is not maintenance free and does not eliminate ice heaving, but it is easier to return the rocks to their original positions than to repair a wall. Consider planting within the riprap to add color, interest, and diversity. Live cuttings and plant plugs can be planted within riprap to provide additional slope stability and give your shoreline a more natural appearance.

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DNR Contact Information

DNR Waters website lists Area Hydrologists: www.dnr.state.mn.us/waters

DNR Waters in St. Paul: 500 Lafayette Road, St. Paul, MN

55155-

4032, (651) 296-4800

DNR Ecological Services website provides information about aquatic plant management permits: www.dnr.state.mn.us/ecological_services

DNR Ecological Services in St. Paul: 500 Lafayette Road, Box 25, St.

DNR Information Center

Twin Cities: (651) 296-6157; Minnesota toll free: 1-888-646-6367

Telecommunication device for the deaf (TDD): (651) 296-5484

TDD toll free: 1-800-657-3929

This information is available in an alternative format on request.

Equal opportunity to participate in and benefit from programs of the Minnesota Department of Natural Resources is available regardless of race, color, national origin, sex, sexual orientation, marital status, status with regard to public assistance, age, or disability. Discrimination inquiries should be sent to Minnesota DNR, 500 Lafayette Road, St. Paul, MN 55155-4031; or the Equal Opportunity Office, Department of the Interior, Washington, DC 20240.

Pills, Pills and more Pills!

Leftover Pills? Drugs no longer needed but some are still left in the container, what does one do with them? What about “sharps” (needles, syringes, lancets)? How are these home-used medical tools safely handled? The Minnesota Pollution Control Agency and the Minnesota Office of Environmental Assistance are both concerned about pollution caused by disposal of pharmaceutical waste and used medical devices. Should we be concerned about how these are destroyed or disposed of? The answer is YES!

Some of these drugs have been found in wastewater and subsequently in ground water near the source of the wastewater. If this wastewater were to end up in Lake Vermilion it could cause adverse effects to fish and other aquatic wildlife. The drugs are not removed by filtration and those lakeside homes that use lake water could end up with contaminated water. Sharps, if not disposed of properly, could also cause infections if picked up by someone wondering what the material might be.

It is very important that these medical devices and excess pharmaceuticals be disposed of properly. The Minnesota Office of Environmental Assistance suggests the following procedures for disposing of medications at home.

Do not flush these unnecessary or unused drugs down the toilet!
Do the following steps to properly dispose of them.

- Keep the medication in its original container. Scratch the patient’s name off of the container. Leave the label with safety information and the childproof caps on the container.
- Modify the medications to discourage consumption. For pills or capsules, add water to dissolve them. For liquid medications, add salt, flour, charcoal, powder spice — make an unsightly mixture that discourages anyone from eating it.
- For blister packs, wrap the blister packages containing pills in multiple layers of duct or other opaque tape.

When you have prepared these medications as indicated above you may dispose of them in your garbage.

Disposal of used household sharps is a bit more complicated. There are specific disposal programs for these items. The St. Louis County Solid Waste Department suggests that you find a disposal program. To find a local disposal program, do one of the following:

- Check with your doctor, clinic or hospital to determine if you can subscribe to a disposal program through their lab.
- Check with your pharmacy for a disposal program
- If there is currently no drop-off site in your area, do the following:
 - Recap your sharp
 - Place sharp in a two-liter pop bottle
 - When bottle is full, cap securely
 - Label with county approved label
 - If you have garbage collected from your home — check with your hauler for their preferred method of disposal
 - If you bring your trash to one of the county facilities — allow the attendant to inspect the seal, label your container and follow the attendant’s instructions for disposal

Let’s all try to follow these suggestions in disposing of our used medical devices and old — or no longer needed — pharmaceuticals. We HAVE to keep these things out of Lake Vermilion.

Note: The information in this article was obtained from fliers distributed by St. Louis County Solid Waste Department and Minnesota Office of Environmental Assistance.

—Ed Zottola

WHERE ARE YOU? WHERE ARE THEY?

I'm in somewhat of a predicament here, and hoping you can help me.

The thing is, I have two addresses for many of you, and for a lot of you, I have just your summer address here at the lake. We have an outside source that does the mailing of our newsletter, and only one address per subscriber is used. Because they go out at a bulk rate, they are not forwarded as first class mail is sent. So when the newsletters are mailed out, we have no way of knowing if you've received it or not, and you wouldn't know you're missing it. What I need to know is the address of where you are most of the time or where you'd like the newsletter sent.

So that takes care of the "Where are you?" but the "Where are THEY?" maybe one of you could help with this.

These are the members who have paid their 2006 dues, but the envelopes I sent out containing

their 2007 membership cards have been returned to me "Unable to forward" or "Unable to deliver." I've been unable to locate:

Baldwin, Richard	Holmgren, Roy
Damberg, John & Gina	Swanson, Don
Diers, Mr. & Mrs. Harold	Walker, Kern & Mary
Hannon, Tim	Young, Ruth

We value all of our members, and hope they are not "lost." Maybe you can help find them. As far as you and the newsletter connecting up, please help me in that regard. We'd just hate it if the post office "deep sixed" them.

Thanks,
Mardy Jackson
Membership Records

BOARD OF DIRECTORS and OFFICERS 2006-2007

(All Area Codes 218)

COOK (55723)

Ray Harris, **Vice Pres.** 7341 Oak Narrows Rd. 666-2300
Dale Lundblad 9082 Little Sweden Rd. 666-2316 (B.I.C.
666-5352)
Ed Zottola 2866 Vermilion Drive 666-5542
Marti Wivell 9145 Voss Road 666-2888
Ed Tausk Vermilion Dam Lodge 666-5418

TOWER (55790)

Bob Wilson, **Treas.** 1501 Echo Pt. 753-5544
Paula Bloczynski, **Sec.** 4443 Big Rock Rd. 753-2107
Mel Hintz 6119 Pike Bay Drive 753-2401
Mardy Jackson, **Mem. Rec.** 2065 County Road 77 753-3549
Frank Siskar 5860 Echo Point 753-4521
Walt Moe, **Pres.** 3331 Nisen Dr. 753-3816

SCLV Board Meetings are held monthly on the second Wednesday, and are open to all SCLV members. Check with a board member for time and location.

THANK YOU!

In the last issue of The Vermilion Sportsman, President Walt Moe reported that I had been diagnosed with cancer and was receiving treatments at the Mayo Clinic. He asked you to keep me in your thoughts and prayers. I sincerely thank all of you who did that and especially those of you who called, e-mailed or sent cards and letters.

Thanks to early detection by one of our exceptional doctors at the Cook Hospital and aggressive surgery and treatment at the Mayo Clinic, I am slowly recovering and my outlook for the future is good. I am back working at my office and, better yet, I attended my first Sportsmen's Club Board meeting in months recently. So things are moving back toward being somewhat normal which includes me resuming my duties as the chair of the newsletter committee.

I have always believed that the most effective thing the Sportsmen's Club can do to protect Lake Vermilion is to effectively inform its members and the public about the many issues which could negatively impact it. This idea is, perhaps, best conveyed by a favorite quote: "In the end, we only conserve what we love. We will only love what we understand. We will only understand what we are taught." I have always taken pride in being involved in putting out issues of the newsletter that are interesting, entertaining and full of important information. I am committed to producing, with a lot of help from my fellow committee members, even better issues in the future.

Dale Lundblad - Board Member

Join us. Add your voice to those of
your neighbors and friends around the lake who
share a love for Lake Vermilion.

Complete the membership form, DETACH THE ENTIRE PAGE and mail with
your check, made payable to Sportsmen's Club of Lake Vermilion.

Thank you.

☐ **NEW MEMBER**

(Check one, please)

☐ **RENEWAL**

SPORTSMEN'S CLUB OF LAKE VERMILION, INC.

Mardy Jackson, Membership Records

P.O. Box 696

Tower, MN 55790

Enclosed is \$10 for a single membership for one year (Jan. 1, 2007____ to Jan. 1, 2008____) or \$15/yr. for couple
membership or \$20/yr. for the "family" membership or \$50/yr. for a business/organization in the Sportsmen's Club
of Lake Vermilion.

Name _____

Address _____

City _____ State _____ Zip _____

Please send, also, Shoulder Patches at \$2.00 and Car Window Decals at \$1.00 each.

HELP US MAKE A BEAUTIFUL LAKE EVEN BETTER!



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